Dealing With Loneliness

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1: Loneliness

Loneliness has overtaken many parts of the world; it affects people in masses. In America, being friendly with neighbors is not as common as it used to be decades ago. Why? I would say the news plays a big part in this outcome. Much of our content and media is negative and invokes fear and suspicion, which has been soaked up by the lot of us. Consequently, we have become more skeptical and isolated. But not everyone is like this. So there is hope. But even for the mass of skeptical people, many feel lonely and seek friendship just as you are.

Loneliness is a dark feeling, a depressing feeling with a foundational belief that one is alone and unsupported. I want to let you know that you are *not* alone. When you feel lonely, remember there are over 7 billion people in the world, and many of these people are feeling lonely, too, looking for or in need of a friend and support just like you are.

2: It Starts With You

If you are dealing with loneliness, it starts with you.

Something within yourself is attracting loneliness and repelling togetherness and supportiveness. We are not alone because of outer circumstances; we are alone because of our inner circumstances, our thought-patterns, how we interact with others, how we communicate with others, and the energy we are emanating within ourselves.

What energy, vibes, and attitude are you giving off to people as of late?

3: How Is Your Relationship With Yourself?

How would you describe your relationship with yourself? Do you enjoy spending time with yourself? Do you feel comfortable eating alone, doing activities alone, or living by yourself? How much time do you spend by yourself regularly?

Sometimes, indeed we are spending too much time in isolation, which can inevitably lead to loneliness.

A more profound type of loneliness is when we are lonely yet surrounded by people.

Which type of loneliness are you dealing with?

Suppose you are dealing with the first type of loneliness [isolation]. In that case, it is time to put yourself out there by attending groups, events, and

starting conversations with people wherever you go until it feels comfortable for you to do this. It is time for you to invest your time and energy into meeting with other people consistently. As you start to do this, you will notice a change in yourself, your feelings, emotional health, spiritual health, and mental health. But first, you must spring yourself out there in the uncountable communities that are waiting for you.

If you are dealing with the second type of loneliness [feeling lonely, yet people surround you], here are some questions you need to explore:

1. What kind of people am I surrounded by?

2. Do I have other enriching relationships outside of the people I am surrounded by?

3. Do I enjoy the people I am surrounded by now?

4. Why do I still feel lonely?

What are your answers to these questions? Take your time to explore and write down your answers to these questions. Don't rush through them. Continually ponder and ask yourself these questions to grasp a deeper understanding of yourself and your current feelings of loneliness.

4: Are You Enriching Others?

One of the initial steps to formalizing healthy friendships and relationships with others is to be an enriching person. Are you giving to others the way you want others to give to you? Are you investing time, effort, and consistency in other relationships without expecting anything return?

We shouldn't over-give, but we should give generously, without strings attached. If you feel uncomfortable giving your time, effort, and generosity to others without expectations, you are most likely not ready for an enriching relationship with someone. Until you can give, give, and give, you must continue to focus on building a reservoir of generosity within yourself; this applies even if you have been giving others the majority of your life. You might feel that you have been too generous or have spent years investing in others' lives. But remember, to receive, we must give and be of service to others.

This well of generosity should never dry up, and if it does, we need to engage in self-reflection and see how we can restore our well of generosity with healthy boundaries in place.

5: Get Specific

Write down everything you want for all of the new relationships you seek. Don't just write down the traits you would like in a person. Write down everything you want to *experience, feel, and become* with the new relationships you seek. Write down the type of conversations you want to have. Write down the level of openness you want to experience. Write down the kind of personality traits you are looking for. Write down the types of experiences, activities, and trips you want to take. Write down *everything.*

Life gives you general when you ask for general. But life gives you specific [precisely what you want] when you ask for specific.

6: Love Yourself

Before we go any further, I want to remind you to love yourself unconditionally. This is the first step for building new relationships with others.

Be your own best friend. Be kind, loving, gentle, thoughtful, affirming, and positive toward yourself. If you have a healthy relationship with yourself, if you can prioritize your relationship with yourself, if you can be in love with yourself, if you can quickly forgive yourself for errors you have made, if you can laugh at and with yourself, then you are in a good place. Once you love yourself—completely—you are ready to love someone else and be emotionally available when they reciprocate that love to you.

Loving yourself, first, opens the door wide for friendship and love to flow into your life.

7: What Type of Person You Are

If you were someone else:

1. Would you want to hang out with *you*?

2. Would you want to share your secrets with *you*?

3. Would you want to invest in a friendship with *you*?

4. Would you enjoy being around *you*?

5. Would you find *you* fun?

6. Would you find *you* an enriching person to be around?

7. Would you find that *you* add value?

8. Would you feel comfortable around *you*?

9. Would you be proud to call *you* a friend?

10. Do you feel that someone else would receive all the same things from you that *you* want to receive from your relationships?

Are you worthy of the friendships, relationships, community, and support you seek?

Well, of course, you are! But are you willing to be the type of person you seek? Are you willing to be generous? Are you willing to immerse yourself in your community to start building relationships? Are you ready and willing to be vulnerable? Are you willing to do all of these things and more?

8: Your Choice

If you are feeling lonely today, you have made that choice. Remember, loneliness comes from within ourselves. Each day, life offers us the opportunity to make new choices and choose how we want to lead our lives.

Do you want to choose to lead a lonely life continually? If not, right now is your chance to start switching things up in your life.

9: Where to Go From Here

1. Love yourself unconditionally, be your own best friend, and learn to enjoy your company.

2. Write down—specifically—everything you want in your new relationships.

3. Be all of the things you have written down and more to others.

4. Get out there, and start meeting new people.

5. Say, "Hi," to random people you meet, and smile! Be kind to others often.

6. Each day review the type of people you want to be surrounded by and believe that they have already entered your life.

Connect

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